

## **Historic, archived document**

Do not assume content reflects current scientific knowledge, policies, or practices.





1.8  
H75N  
1934.

LIBRARY  
RECEIVED  
★ APR 1 - 1935 ★  
U. S. Department of Agriculture

# Vitamin G

## For General Well-Being

Male rat, 28 weeks old



This rat had no vitamin G and weighed only 63 grams.  
Note loss of hair and emaciated condition



The same rat 6 weeks later, after receiving food rich in vitamin G.  
Its weight was then 169 grams

## Good Sources of Vitamin G



Milk, all forms  
Cheese  
Eggs

Lean-muscle meats  
Liver and other edible organs

Green leaves  
Germ portion of cereals